

Strut Your Stuff

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sue Korek (USA) - 25 December 2024
音乐: Her Strut - Bob Seger
或: Dancing On the Ceiling - Lionel Richie



Alternate Music:

Dancing on the Ceiling (Lionel Richie—19 June 1986) Intro: 48 counts on lyrics "What is happening here?", bpm=133,

No tags, no restarts

Intro: 48 counts on lyrics "She's totally committed"

Section 1: (PRISSY WALK FORWARD, PRISSY WALK BACK)

1-2 Walk R forward slightly crossing over L, walk L forward slightly crossing over R
3-4 Walk R forward slightly crossing over R, kick L
5-6 Walk L back slightly crossing behind R, walk R back slightly crossing behind L
7-8 Walk L back slightly crossing behind R, touch R

Section 2: (TWO TOE STRUTS, ROCKING CHAIR)

1-2 Touch R toe forward, drop R heel
3-4 Touch L toe forward, drop L heel
5-6 Rock R forward, recover L
7-8 Rock R back, recover L

Section 3: (SHUFFLE FWD, ROCK, BACK L R, COASTER STEP)

1&2 Shuffle forward RLR
3-4 Rock L forward, recover R
5-6 Step L back, step R back
7&8 Step L back, step R beside L, step L forward

Section 4: (TWO TOE STRUTS FWD, TURN 1/4 RIGHT TWO TOE STRUTS FWD)

1-2 Touch R toe forward, drop R heel
3-4 Touch L toe forward, drop L heel
5-6 1/4 turn right touch R toe forward, drop R heel
7-8 Touch L toe forward, drop L heel

Enjoy this Beginner dance with many toe struts.

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